

Make 2015 Your Best Year Yet

Washington State Employee Assistance Program

Do New Year's Resolutions Really Work?

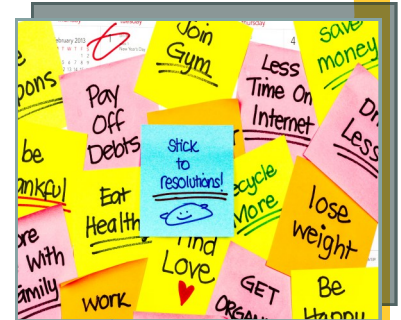
Google “New Year’s resolutions” and you’ll turn up more than 80 million links. There’s no question that January is an important psychological trigger for those of us seeking change in our lives. Why? Because a resolution

is just that- a decision. To make a life change, you need more than a decision. You need a plan.

Here’s the secret: Choose a goal and take the right approach to accomplishing it. That means working a plan. This may be

challenging to get started, but it just takes practice. After a while, it will become a positive habit. Knowing that you’re making small changes can give you motivation and confidence to tackle the next, bigger goal.

December 2014



Redefining New Year's Resolutions

The first step toward success is to stop thinking “resolution” and start thinking “commitment.” A resolution is just one action—to make up one’s mind. A commitment is active and ongoing.

Your Keys to Success

Be Specific. When thinking about goals, be as exact as possible. People who set specific goals are more likely to succeed.

Put it in writing. Write down exactly what you want to achieve and post in a place where it’s clearly visible. This will help

remind you of what you’re working toward. When you write, use positive terms.

Set realistic goals.

When you think about setting goals, make sure that they’re within your reach. It’s unreasonable to expect to make a lot of big changes at the same time. You don’t want to overwhelm yourself.

Develop an action plan. Create a timeline with steps toward your goal. Set deadlines for each step and cross them off as you accomplish them.

Believe in yourself.

Stay positive about your progress. Ask a friend to be someone you can share your progress with and provide support.

Be flexible. Keep in mind that setbacks can happen. Don’t get discouraged and give up. Try again! Your hard work will pay off!

Reward yourself.

Acknowledge your achievements, even the small ones. Reaching a goal takes hard work and you should be proud of your efforts.

Partner up: Share your goals and take a team approach in order to overcome challenges. Don’t blame lack of success on others.

Unplug: Regularly schedule “media free” time to recharge and reconnect with loved ones—no cell phones, computers, or TV.

Double down: The best way to kill a bad habit is to replace it with a good one. When your old habit has a substitute, you’re less likely to miss it.

What the EAP Can Do

Do you need support from an objective, nonjudgmental person who wants you to succeed? Contact your EAP to speed your progress and troubleshoot roadblocks.